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CANNING CHICKEN

July and August are the most convenient and economical months for canning chicken because they are the usual months for culling the flock. The plump 2-year-old hens, no longer profitable to keep, are ideal for canning. Their meat has better flavor and texture after processing than the more tender delicate meat of very young chickens.

Chicken may be canned successfully at home in several different forms. Besides plain canned chicken, which may be put up with or without the bone, the homemaker may can such specialties as chicken sandwich-spread, plain chicken broth, and chicken-gumbo soup. The chicken livers will make excellent canned liver paste.

But chicken canned in any form needs processing under steam pressure for safety, _____ and other authorities say. Like other nonacid foods, chicken requires a temperature higher than boiling for sterilizing. So a pressure canner is listed as the first essential piece of equipment for chicken-canning. Chicken may be canned either in plain tin cans or glass jars in sizes up to a quart. But chicken canned in small containers has better flavor and texture because it does not have to have such long processing. Because chicken may turn dark in the can if it has been prepared in sheet iron or copper utensils, authorities advise against using these two metals. Using stainless-steel knives in preparing the chicken is recommended. Chicken darkens more easily than other meats.

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